



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WADSWORTH YMCA PERSONAL TRAINING

## Hour Sessions\*

	Member	Program Member
1 hour	\$40	\$55
4-pack	\$152	\$209
8-pack	\$288	\$396
12-pack	\$408	\$561

## Half-Hour Sessions

	Member	Program Member
1 half-hour	\$25	\$35
4-pack	\$95	\$133
8-pack	\$180	\$252
12-pack	\$255	\$357

## PT Plus (2 people) Members Only\*\*

	Hour Session*	Half-Hour Session
1 session	\$65	\$40
4-pack	\$247	\$152
8-pack	\$468	\$288
12-pack	\$663	\$408

Receive assistance from a certified personal trainer who will design an exercise program tailored specifically toward achieving your individual goals. It is our goal to help you make a change and include physical activity in your daily life, allowing you to be successful one day at a time.

To get started, fill out the form on the back and register at the front desk. Gary Lake, Health & Wellness Director, or one of our personal trainers will contact you to setup your first personal training appointment.

\*Cannot split a 1-hour session into 2 half-hour sessions.

\*\*Both must be Y members and present at the same time during a session.

**WADSWORTH YMCA**  
623 SCHOOL DRIVE  
WADSWORTH, OH 44281  
(330) 334-9622

[akronymca.org](http://akronymca.org)

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.

